

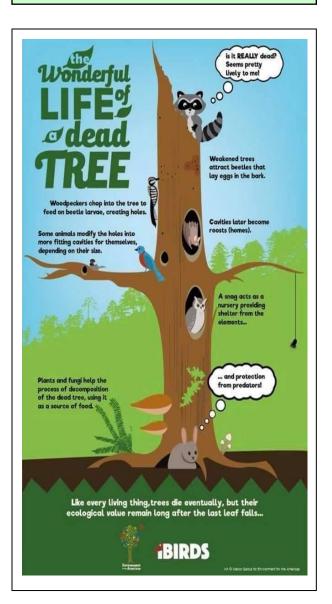


## NORTHWOODS JOURNAL - SEPTEMBER 2020

### A FREE PUBLICATION ABOUT ENJOYING AND PROTECTING MARINETTE COUNTY'S OUTDOOR LIFE

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Fall Family Fun Ideas





### September 26th - November 1st

Take a drive and watch the colors of Marinette County change as you meander through forest land and rustic roads! Stops along the way allow you to explore the autumn beauty at waterfalls and scenic overlooks. Soak up some sights and snap a picture to share! You will even find fall themed photo booths along the way.



download a map, https://www.therealnorth.com/resources/ maps-and-guides/ or call the Tourism office at 715 732-7415.



You can also visit the Wisconsin Department of Transportation Rustic Road website for descriptions, locations by county, and maps/directions: https://wisconsindot.gov/Pages/travel/roa d/rustic-roads/maps.aspx.



Smalley Falls near Pembine



### **Project P.I.G. Updates – Pollinator Invitation Gardens into Fall**

By Anne Bartels, Information & Education Specialist

Project P.I.G. (pollinator invitation garden) is still underway, as there are a few more gardens to put in before fall (Sept. 22). Several gardens were installed in August, and a few more are scheduled for September. A variety of native plant species were used in each garden, with bloom times between spring and late fall to optimize food availability for pollinators throughout the growing season.



There is a monarch larva at the top left of the plant, holding onto a leaf! This is Butterflyweed, a type of native milkweed. It has bright orange flowers and blooms through late summer.



The garden above was installed June  $9^{th}$  – looking good!



This garden was installed August  $5^{th}$  – below is Sept.  $1^{st}$ .





Above, native plants were incorporated into an existing garden bed with both native and ornamental plants.



Coleman Elementary School's entry signage to the native pollinator garden area

There are many reasons NOT to clean up your garden in the fall. Folks may not like the 'messy' look, but nature is messy and our gardens play an important role in supporting wildlife. What we do in them every autumn can either enhance or inhibit that role. Here are some reasons to 'leave the mess' in fall and wait until spring to tidy your gardens (https://savvygardening.com/6-reasons-not-to-clean-up-your-garden-this-fall/).

1. The Native Bees: Many of North America's 3,500-plus species of native bees need a place to spend the winter that's protected from cold and predators. They may hunker down under a piece of peeling tree bark, or they may stay tucked away in the hollow stem of a bee balm plant or an ornamental grass. Some spend the winter as an egg or larvae in a burrow in the ground. All native bees are important pollinators we need them and our gardens can provide them with much-needed winter habitat.



Continued on page 4

### Lower Menominee River Taken off EPA's 'Most Polluted' List

https://fox11online.com/news/local/lowe r-menominee-river-taken-off-mostpolluted-list



After decades of cleanup and millions of dollars spent, the Lower Menominee River is no longer one of the most polluted spots on the Great Lakes. In a ceremony August 11, it was announced the waterway would be taken off the list next month.

EPA Administrator Andrew Wheeler made the trip to Marinette to see it himself. "It's a recognition of the cleanup that's occurred here, and the money that's been put into cleaning up the river. Well over \$100 million, pushing close to \$150-200 million, have been spent to clean up the river over the last 30 years," he said.

The EPA listed part of the Menominee River as an area of concern back in 1987. Since then, improvements to municipal wastewater treatment plants, dredging contaminated sediment and conservation projects gave this part of the river a new look. Marinette Mayor Steve Genisot says The Menekaunee Harbor is a shining example.

"We had somewhat of a shallow harbor. We dredged it. Of course all that arsenic-laden material was removed. We put in a kayak launch. Put in boating launches, boating docks, as well as a lot of the work that went around it, with native vegetation, plantings, turtle habitat," said Mayor Steve Genisot, Marinette.

But some say more work needs to be done. Contaminants known as PFAS have been found in the waterway. Doug Oitzinger and the group S.O. H2O are calling for federal regulations. "We hope to get their attention that they understand there's something coming down the pike here that is just as bad, if not worse than the arsenic contamination. It's called a forever chemical, which means it's a forever problem," said Doug Oitzinger, S.O. H2O Member.

Andrew Wheeler says the EPA's PFAS Action Plan is in place. "We are looking at PFAS wherever we find it. I know there's a local problem here, and we're working with the state DNR," he said. "We're going to have to continue to work with the community, and the DNR, and EPA. And that issue will not go away soon, but we'll continue to keep working towards it," said Genisot.

There are now 42 areas of concern around the Great Lakes. The Lower Menominee River is the first of five sites in Wisconsin to be delisted. The other active areas are the Fox River and Green Bay, Sheboygan River, Milwaukee estuary, and the St. Louis River.



### 10 Ways to Reuse Coffee Grounds and Tea Bags

https://earth911.com/home-garden/reusecoffee-grounds-and-tea-bags/



Do you like to start the day with a cup or two of coffee or tea? But what to do with all those spent coffee grounds and tea bags? Sure, you can compost these common morning leftovers, but why not find a few clever ways to reuse them first? From cleaning your furniture to shining your shoes, here are 10 creative ways to reuse coffee grounds and tea bags.

### 1. Remove cooking odors from your hands

Both coffee grounds and tea bags are excellent deodorizers and can work wonders on your hands after chopping stinky foods like garlic, onions, and fish. After prepping your nightly meal, simply rub loose green tea leaves or tea bags onto your hands before washing with warm water and soap.

### 2. Make wood floors and furniture shine

Due to its tannin content, twice-brewed tea is perfect for adding extra luster to your wooden decor on the cheap. For a shiny finish, boil five to 10 used tea bags in a gallon of water. Use the tea to mop your floors as usual, or apply to wood furniture with a clean washcloth and buff dry. Keep in mind that this method is best used on darker wood finishes, as twice-brewed tea also acts as a mild dye and may slightly discolor lighter wood grains.

### 3. Keep pests out of your garden



Noticing ants, slugs, and other pests hanging around your garden? Sprinkle coffee grounds around problem areas to keep pests at bay. Spent coffee grounds are also fantastic cat repellents. So, if your kitty is using the garden as a restroom or fiddling with indoor houseplants, add a few tablespoons of coffee grounds around your plants to solve the problem.

### 4. De-grease pots and pans in a snap

For squeaky clean pots and pans without the elbow grease, rub spent coffee grounds onto dirty cookware using a scouring pad. The added abrasion will help to remove stuck-on messes without harsh chemical cleaners. For a clean that's even easier, soak greasy dishes overnight with warm water and one or two spent tea bags. The tannins in your tea will remove grease and food residues for a one-step cleanup in the morning.

### 5. Nourish your plants the natural way

Both coffee grounds and tea bags have loads of nutrients that help houseplants thrive. Due to high acidic content, coffee grounds are perfect fertilizer for acid-loving plants such as tomatoes, carrots, roses, rhododendrons, and azaleas. Tea is slightly less acidic, especially when combined

### Continued on page 11

### Ten Ways to Make your Garden More Green

https://www.treehugger.com/how-to-go-green-gardening-4857620?utm\_campaign

#### Keep it Real

You know what they say about Mother knowing best? Well, Mother Nature never needed to steal sips from a chemical cocktail of pesticides, weed killers, and chemical fertilizers to keep her act together. Nix the poisons and layer on some all-natural compost, instead. Call in beneficial insect reinforcements to wrestle pesky garden pests to the ground.



### Make Compost from Kitchen Scraps

Compost like a champ by throwing in your vegetable waste, instead of allowing it to be trucked off to the landfill. Known as "gardener's gold," compost enriches soil fertility by giving it a shot of high-powered, plant-loving nutrients. Aside from stimulating healthy root development, the addition of rich and earthy compost also improves soil texture, aeration, and water retention.

#### **Buy Recycled**

If your delicate aesthetic sensibilities balk at the idea of reusing yogurt or takeout containers to house your hydrangeas, check out the myriad environmentally friendly planters and raised-garden kits now available. It takes less energy to recycle something than to mine virgin materials, so whether you choose recycled copper, plastic, or even rubber to anchor your tender shoots, it's all copacetic.

### **Grow Your Own Food**

Buying organic produce can admittedly get pricey, so how about growing your own food instead of painstakingly manicuring that lawn for the umpteenth time? An estimated 40 million acres of the 48 contiguous American states are covered in lawns, making turf grass the United States' largest irrigated crop. American homeowners apply tens of millions of pounds of fertilizers and pesticides to their lawns, often at many times the recommended levels. It's time to return to the use of gardens as food sources - you won't find fresher (or cheaper) eating anywhere else.



### Join a Community Garden

Urban dwellers bereft of a yard shouldn't fret: you can still get in on the hoeing and growing action by signing up for a plot at your local community garden. Community gardens typically have a communal composting area, as well, so if you don't have room for one of those triple-duty rotating barrel composters in your home, here's your hookup.

### Go With Native Species

Now that you've learned some of the merits of "de-lawning" your home, consider replacing it

with native and indigenous plants, whether they're cactus gardens in Arizona or bottlebrush grasses in Northern Michigan. Already adapted to local conditions, native plants are easy to grow and maintain, generally requiring less fertilizer and water, as well as less effort to rein in pests.

#### **Harvest Rainwater**

Adding a rain barrel is an inexpensive and effortless way to capture mineral - and chlorine-free water for watering lawns, yards, and gardens, as well as washing cars or rinsing windows. By harnessing what's literally raining from the sky, you'll not only notice a marked dip in water costs, but also a reduction in stormwater runoff, which in turn helps prevent erosion and flooding. Pop a screen on top of your barrel to keep out insects, debris, and bird missiles, and make frequent use of your water supply to keep it moving and aerated.



### Water with Care

While we're on the subject of water, adopting a few smart-watering habits will do much to stretch out your supply, especially during dry, hot spells in the summer. Adding mulch and compost to your soil will retain water and cut down evaporation. Plus, soaker hoses or drip irrigation only use 50 percent of the water used by sprinklers. Water early in the day so you can avoid evaporation and winds.

### Bring on the Butterflies and Bees

Provide a pesticide-free sanctuary for our pollinator pals, such as butterflies and bees, by growing a diverse variety of native flowers they're particularly drawn to, such as wild lilac, goldenrod, and lemon balm. Gardens with 10 or more species of attractive plants have been found to entice the most bees. Because pollinators affect 35 percent of the world's crop production - and increase the output of 87 of the leading food crops worldwide - extending a little hometown hospitality could go a long way.

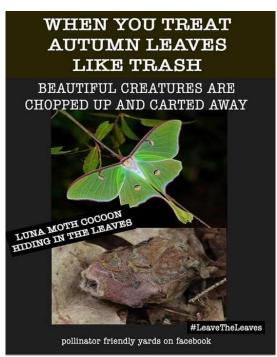


### The Power of Four

Follow the four "R"s of the U.S. Environmental Protection Agency's *GreenScapes* program: *Reduce, recycle, reuse and rebuy.* You want to **reduce** your output of waste to ensure you're using materials efficiently. **Reusing** compost and tree clippings for mulch, or rainwater for watering take up little time and energy, but offer plenty of environmental bang for your buck. **Recycling** saves resources, while **rebuying** means seeking products that meet your needs, but are more environmentally friendly than your usual purchases - for instance, solar outdoor lighting versus electric-powered fixtures.

### From page 2, "Project P.I.G."

2. The Butterflies (and moths): While the monarch flies south to overwinter in Mexico, most other butterflies stay put and take shelter somewhere dry and safe until spring. Some butterflies, like the mourning cloak, comma, question mark, and Milbert's tortoise shell, overwinter as adults. They nestle into rock fissures, under tree bark, or in leaf litter until the days grow longer again spring arrives. Butterflies overwinter in a chrysalis include the swallowtail family, the cabbage whites and the sulphurs. Many of these chrysalises can be found either hanging from dead plant stems or tucked into the soil or leaf litter. You can guess what a fall gardening clean up does to them. And still other butterfly species, such as the red-spotted purple, the viceroy, and the meadow fritillary, spend the winter as a caterpillar rolled into a fallen leaf or inside the seed pod of a host plant. If we cut down and clean up the garden, we are quite possibly eliminating overwintering sites for many of these beautiful pollinators (and perhaps even eliminating the insects themselves!). Declining butterfly & moth populations are one of the best reasons not to clean up the garden.



3. The Ladybugs: North America is home to over 400 different ladybug species, many of which are not red with black polka-dots. While the introduced Asian multicolored ladybug comes into our homes for the winter and becomes quite a nuisance, none of our native ladybug species have any interest in spending the winter inside of your house. Most of them enter the insect world's version of hibernation (diapause) soon after the temperatures drop and spend the colder months tucked under a pile of leaves, nestled at the base of a plant, or hidden under a rock. Most overwinter in groups of anywhere from a few individuals to thousands of adults. Ladybugs are notorious pest eaters, each



consuming dozens of soft-bodied pest insects and insect eggs every day. Leaving the garden intact for the winter means you'll get a jump start on controlling pests in the spring. Skipping a fall gardening clean-up is one important way to help these beneficial insects.

4. The Birds: Insect-eating birds, like chickadees, wrens, titmice, nuthatches, phoebes, and bluebirds are very welcome in the garden because they consume thousands of caterpillars and other pest insects as they raise their young every gardening season. Not cleaning up the garden means there will be more protein-rich insects available to them during the coldest part of the year.



These birds are quite good at gleaning "hibernating" insects off of dead plant stems, branches, and out of leaf litter. The more insect-nurturing habitat you have, the greater the bird population will be. Your feathered friends will also appreciate feasting on the seeds and berries they can collect from intact perennial, annual, and shrub stems.

5. The Predatory Insects: Ladybugs aren't the only predatory insects who spend the winter in an intact garden. Assassin bugs, lacewings, flower bugs, damsel bugs, ground beetles, and scores of other pestmunching predatory insects spend the winter "sleeping" in your garden as either adults, eggs, or pupae. They're one of the best reasons not to clean up the garden in the fall because they help you control pests.

To have a balanced population of these predatory insects, you have to have winter habitat - when spring arrives, they'll be better able to keep early-emerging pests in check if they've spent the winter on-site, instead of over in the neighbor's yard. (For more information about beneficial insect predators in your garden, visit <a href="https://vegento.russell.wisc.edu/natural-enemies/">https://vegento.russell.wisc.edu/natural-enemies/</a>.)



Damsel bug

6. The People: If the previous five reasons aren't enough to inspire you to hold off cleaning up the garden, there's one final reason to the list: *You.* There is so much beauty to be found in a winter garden: snow on dried seed pods, berries clinging to

branches, goldfinches flitting around spent sunflowers, juncos hopping beneath goldenrod fronds, frost kissing the autumn leaves, and ice collected on blades of ornamental grasses. At first, you might not consider yourself to be one of the reasons not to clean up the garden, but winter is a lovely time out there, if you let it be so.



Delaying your garden's clean up until the spring is a boon for all the creatures living there. Instead of heading out to the garden with a pair of pruning shears and a rake this fall, wait until next April. By then, all the critters living there will be emerging from their long winter nap. And even if they haven't managed to get out of bed by the time you head out to the garden, most of them will still manage to find their way out of a loosely layered compost pile before it begins to decompose. Do nature a big favor and save your garden clean up until spring - when it does, use these pollinatorfriendly tips for cleaning up the garden (https://savvygardening.com/spring-gardenclean-done-right/).



Hello there!

I know I am a BIG SPIDER, and I look scary, but I am very beneficial!

I am an Argiope aurantia, or a Golden Orb
Weaver. My bite is not dangerous and I like to build nice visible webs since I'm primarily daytime active. I will even shake my web at you to make it extra obvious if you get too close! I eat aphids, flies, wasps, mosquitos and many other harmful bugs. So please don't kill me. We may not ever truly be friends, but I will help out around the garden if you let me stay there.



### **Biodiversity Blooms in Cities When Green Spaces Go Wild**

https://www.dw.com/en/green-spaces-flora-fauna-wild-native-wildflowers-insects-dublin-dessau-wilderness/a-53955388



A view from above of a New York street lined with new greenery

What would happen if we stopped curating green spaces in cities, if we locked away the lawn mower and allowed native grasses, herbs, shrubs and wildflowers to do their own thing?

As several new urban "rewilding" initiatives have shown, butterflies, insects, birds and wildlife soon arrive to join the party. And, as self-regulating biodiversity replaces maintenance-heavy monoculture, these urban wilds also become more drought-resistant and sequester more CO2. Pathogens and pests are also reduced, meaning that there's much less need for chemicals and pesticides.

From Dublin to Dessau, cities are leaving once manicured green spaces to rewild with native flowers and grasses that attract more diverse insects, birds and wildlife. Such a paradigm shift will take time, however. Rewilding is a paradigm shift away from a centuries-long tradition of managing and controlling green spaces, whether in the form of hunting grounds or aestheticized public spaces.

A relatively new idea that only entered the dictionary in 2011, rewilding was recently described by ecology writer and curator Anna Souter as the act of encouraging "land to become self-willed."

Beyond traditional ideas of managed conservation, "rewilding tries to approach a place with imagination and a sense of curiosity about what might happen if human beings stopped trying to manage nature," she wrote. Many rewilding projects focus on returning great swaths of land to wilderness, but, more recently, European cities have shown a trend toward smaller, urban initiatives.

Since 2015, the Dublin City Council (DCC) has been allowing native wildflowers once considered weeds to flourish and seed in parks (below), open spaces, roadside ditches and even graveyards. Rather than being cut back, clover and dandelion are also left to create habitat and food for insects, bees and other pollinators.



"A third of native bee species are at risk of extinction here in Ireland, which has highlighted how practices needed to change",

DCC's biodiversity officer Lorraine Bull told DW. Herbicide usage is way down as a result of the program. On average, 80% of these urban green spaces are now pollinator friendly.

An early urban rewilding site was the High Line in New York (below), a once-abandoned elevated railway that went wild over decades before being adapted into a blossoming public park. Opening in stages since 2009, the High Line gardens are merely "edited" to "mimic the dynamics of a wild landscape." A matrix of grasses support wildflowers, trees and shrubs that come and go as in nature. Some species have simply blown in with the wind.



Rewilding has also been adopted across Germany. The cities of Dessau, Hanover and Frankfurt am Main began a five-year rewilding project in 2016 called "Städte wagen Wildnis" (Cities Dare Wilderness) that aims to increase habitat for diverse species. In contrast to highly managed German parks, these urban centers are leaving allotted spaces mostly uncultivated. Self-regulation is the mantra.

Five years ago, Dessau, which is in Germany's former East, was characterized by a declining population and a plethora of abandoned buildings and vacant lots (below). To urban planners, rewilding made a lot of sense. So, the city started buying up enough unused properties and land to create a 120-hectare boomerang-shaped public green zone to return to nature. The grounds of existing housing estates became part of rewilding project. It was intended that 'daring' wilderness would not only encourage biodiversity, but make the city more attractive and improve the lives of the residents.



"The extensive flowering meadows attract an amazing variety of species," Christiane Jahn, head of the city planning department, told DW, adding that the rich habitat resulting from the four-year project attracts songbirds, hedgehogs, butterflies and some of the 67 bee varieties endemic to the state of Saxony.

While the outer perimeter of the wilding zone will be left to become woodlands again, the large inner meadows are managed — but only to a minimal degree, with the area only mowed once or twice annually. "They are very robust and tolerate drought in summer better than the short lawns of other green spaces," says

Jahn of the meadows that proved resilient to the unusually dry summers of 2018 and 2019.

Researchers are now pointing out the benefits of rewilding for human health and well-being. According to Jacob Mills, a researcher at the University of Adelaide's School of Biological Sciences and Environment Institute, humans traditionally lived in wilder environments, meaning children were exposed to a broader variety of microbes that build stronger immune systems.

"More time spent indoors, poor quality diets and less exposure to wild environments has led to significant increases in non-communicable diseases such as poorer respiratory health," Mills told DW. A recent study co-authored by Mills is an early investigation into how "microbiome rewilding" in urban green spaces - from lawns to vacant lots, parklands and revegetated woodlands - can help fight chronic illness.

The study also builds on the knowledge that a greater diversity of microbial compounds in soil can also reduce stress and anxiety. "We're investigating if rewilding urban centers can help rewild our microbial experience to what our evolutionary history has dictated to us that we need," Mills said.



Allowing urban green space to run wild is both an ecological and cultural leap forward that is also facing inevitable resistance. For people conditioned to manicured lawns and cultured gardens, wild sprawls of native grasses and even wildflowers are often regarded as unsightly weeds.

While in upwardly mobile Frankfurt the population tends to support the Cities Dare Wilderness initiative, in Dessau some residents are "much, much more critical," Kirsten Lott, the city's director of parks planning, told DW. And such opposition is not uncommon, with Lorraine Bull describing similar pushback in Dublin. "Traditionally in Ireland, there is an ethos of having everything neat and tidy. Weeds are perceived as something that should be removed rather than appreciated." But community consultation ongoing workshops are educating residents about the way such "untidy" rewilded zones "provide both habitat and food for a range of wildlife."

As urban residents start to reconnect with biodiverse and constantly transforming natural habitats on their doorstep - and enjoy potential health benefits - a plethora of new urban initiatives indicate that the rewilding paradigm shift is underway. For more about 'rewilding', visit:

- <a href="https://rewilding.org">https://rewilding.org</a>
- <a href="https://www.thenatureofcities.com">https://www.thenatureofcities.com</a>
- https://urbangreenspaces.org/





# MAX

### **Tools for the Free-Range Child**

https://www.treehugger.com/tools-for-the-free-range-child-5074640

Someone recently asked what toys my young children like to play with the most, and it got me thinking about the fact that they play more with tools than actual toys. The term "tools" is meant to be broad, referring to items that facilitate creative play. So I compiled a list of the most frequently used items in our backyard, the things that my kids use on a regular basis and would not want to live without.



To be clear, these are largely determined by location and the fact that we live in a small town in rural southwestern Ontario, Canada. We also spend a lot of time in the northern region of Muskoka, where my childhood home is situated on a remote lake in the forest. I realize that not every child has access to a boat or a campfire on a regular basis, but these have been undeniably influential in my own kids' lives.

### 1. Bicycle

I taught my kids to ride bikes from a young age; they were off training wheels by age three or four. This is a profoundly liberating skill for children to have. It gives them mobility, independence, exercise, and speed, and I believe that every child should have a bicycle and be allowed to ride one regularly.

### 2. Shovel

My kids love to dig. They spend hours digging in the dirt, making holes as deep as they are tall, mixing mud, digging trenches, and building walls. They're so good at it now that they've just been hired to dig post holes for a friend's new deck. If you have children who like to dig then designate an area of your yard for excavation or making mud pies. Similarly, in the winter they use their shovels to build defense walls for snowball fights and to hollow out snow forts.



### 3. Pocket Knife

My husband and I gave our children their own pocket knives around age six. We taught them how to use them (always cut away from yourself) and then let them practice whittling sticks. It's the only way they'll learn. They use their knives to carve arrows for their homemade bows, to cut string, to open boxes, and more. Knife skills are important for life.

### 4. Rain Gear

I am often surprised at how ill-equipped children are for the rain. At my son's recent birthday party, which consisted of an hour-long Nerf gun battle in the pouring rain, several children had to be outfitted with garbage bag raincoats because they did not own any. This is unfortunate for kids, who, contrary to current parenting opinion, will not melt in the rain, and might quite enjoy a good soaking once in a while, especially when it offers a break from summer heat. Do your kid a favor and buy a good rain jacket and boots (or Crocs). These last forever and can be handed down.



### 5. Hose (or other water source)

Kids love the combination of water and dirt, I've discovered. Whether it's a mud kitchen, sand box, or a digging pit, having access to water makes their play all the more creative and intense. Let your kids use a hose, watering can, sprinkler, outdoor shower, or wading pool to muck around when it's warm enough outside.

### 6. Matches (occasionally)

This is not something I give them free access to, but when supervised, my children are allowed to burn things. They enjoy building fires in our backyard campfire pit and when we go camping. They've learned how to stack kindling and newspaper and logs for a guaranteed blaze, and how to feed it steadily so it keeps growing. Building a fire is a skill that must be practiced.

### 7. Bug Collecting Container

Most children are fascinated by outdoor insects, and if you foster that curiosity without reacting to it with disgust, they'll get more knowledgeable over time. I've found that having a bug collecting container helps; it's a clear plastic jar with a magnifying glass lid where they capture insects for temporary examination. They add sticks and leaves to create a small habitat, then watch them for a few minutes before releasing.



### 8. Magnifying Glass and/or Binoculars

Children should be allowed to view their world up close, and a magnifying glass or binoculars allow them to do that. Take binoculars on a family hike or bike ride; look at the birds in the distance and try to learn their names. Overturn some big rocks in the garden and get the magnifying glass ready to inspect the parade of beetles and ants that flee.

#### 9. Boat

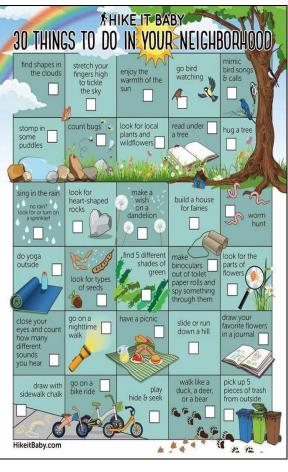
To quote "Wind in the Willows" author Kenneth Graham, "There is nothing, absolutely nothing, half so much worth doing as simply messing about in boats." I realize not everyone can do this regularly, but having access to a boat is a glorious thing for a child. Whether it's a rowboat, a kayak, a canoe, a raft, or even a stand-up paddle board, learning to propel oneself across the surface of water is exhilarating and worthwhile.



#### 10. Sketchbook

A personal sketchbook is a good place for a child to collect his or her drawings; it eliminates the dozens of loose papers and is easily portable for on-the-go entertainment. Some parents encourage their children to draw what they encounter in the natural world — leaves, birds, blossoms, and other seasonal sights. It can be a nice record of a particular stage of a child's life.





### Northwoods Journal Online

Would you like to read current issues of the Northwoods Journal online? Go to www.marinettecounty.com and search for 'Northwoods Journal". We can also send you an e-mail reminder when each new issue is posted online. Contact Anne Bartels, Information & Education Specialist at 715-732-7784 or email abartels@marinettecounty.com.



### Ragweed Season is Upon Us

Scott Reuss, Marinette County UW-Extension

Nearly all people have something that causes allergic reactions. The severity of those reactions and the number of allergens to which each of us is sensitive dictates many aspects of our health during some times of the year. One of our region's most common allergens is **ragweed pollen**, and that season is starting, or has recently started, throughout the area.



There are two ragweed species found in our area, common and giant. Common ragweed (Ambrosia artemisiifolia), below, is very abundant in our area and grows in nearly all soil types easily. Giant ragweed (A. trifida) is present, but is much less of an issue for both weed management and allergy management.

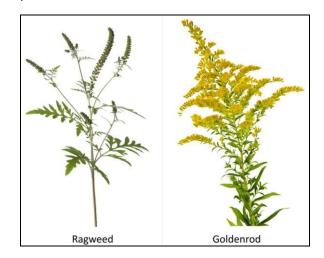


Other plant species also get blamed for the effects of ragweed, particularly the goldenrods (Solidago spp.). Goldenrods (below) are very abundant, their bright yellow flowers are easy to see, and they bloom at the same time as ragweed, in general. However, their pollen is extremely heavy, making it great for pollinating insects, but it does not contribute to allergies as the pollen does not float.



In contrast, ragweed plants depend on the wind for pollination, not insects. Because of this fact, their pollen is very light and floats easily. During ragweed bloom season, it is common to find 200 to 400 ragweed pollen grains in every cubic meter of air. Yes, this means that we breathe in one or more ragweed pollen grains literally every time we take a breath. The 10% or so of the

population that is sensitive to ragweed will generally react to as few as 5 pollen grains per cubic meter of air.



If there is so much pollen in the air, can we make a difference by controlling the plant in our own areas? I believe the answer is yes. Why? Because the average common ragweed plant produces 50 million pollen grains. A really healthy common ragweed will produce more than a billion pollen grains. So, cutting down the number of plants in your area will lower overall pollen load, which may help prevent someone in your family from getting sensitized to ragweed pollen, as the accumulation of pollen load over a lifetime increases an individual's likelihood of developing more intense allergies.

Even though it is a native member of the sunflower family, you won't recognize ragweed by its showy flowers, as the flower petals are very, very small and nearly the same color as the leaves. The inflorescences form at the top of the plant and ends of branches in the form of racemes – almost like a stalk of small flowers – and they do become easily recognizable after you've seen a few of them.



In agricultural settings, farms use herbicides, harvest timing, and tillage to effectively control common ragweed in their fields. It is in road ditches, field edges, garden beds, wood & yard edges, and vacant areas where ragweed proliferates. It does particularly well in road ditches, as this species can handle higher salt content than most plants, giving it a competitive advantage near asphalt.

Proper mowing timing can really cut down the pollen production, even if you don't kill all the plants. Mown areas produce smaller plants that produce less pollen, but waiting to mow road ditches, edge areas, and vacant areas until mid-August will kill a good percentage of ragweed plants and dramatically cut pollen production on the plants which survive.

In garden beds and smaller edge areas; hand pulling, hoeing, or other types of physical control are the most effective. Many broadleaf targeting herbicides will control it during seedling stages, but no homeowner-available herbicides do well against it later in the year. Nonselective herbicides such as

glyphosate can control it up to 8-10 inches in height. There are no herbicides available which will kill ragweed and not harm ornamental broadleaf plants, vegetables, or fruits.

The key to long term management of ragweed is preventing seed set. Annual plants must survive by producing seed and having the seed survive winter. Ragweed seeds have very hard seed coats and are fairly large compared to most weed seeds. These two features combine to allow their seeds to survive many, many years in the soil. One year of not controlling this species can create a large seed bank that persists for decades.

If you are interested in learning more about ragweed and its pollen production, a very good study done at the University of Michigan is summarized at <a href="https://quod.lib.umich.edu/u/umurj/images/bankowski.pdf">https://quod.lib.umich.edu/u/umurj/images/bankowski.pdf</a>. If you want to learn more about the plant and how to recognize it, a good series of photos are at: <a href="https://crops.extension.iastate.edu/encyclopedia/common-ragweed">https://crops.extension.iastate.edu/encyclopedia/common-ragweed</a>.

You can also contact Scott Reuss, Marinette County Agriculture & Horticulture Agent, at 715-732-7510 or e-mail to scott.reuss@wisc.edu to get more information on this plant or if you have any other horticultural or agricultural questions.







## Five Fascinating Facts about the Monarch Super-generation

www.reconnectwithnature.org

If you've seen a monarch butterfly fluttering by recently, consider yourself lucky. The monarchs we see at this time of year are truly special, part of a "super generation" that's different than the previous three generations — the ones that journeyed north from Mexico to reach their summer breeding grounds.



Monarch on a purple coneflower

Mid-August is the start of the monarchs' 3,000-mile journey to the Sierra Madre Mountains in Mexico, according to the U.S. Fish and Wildlife Service. Monarchs have a life cycle that includes four or sometimes five generations each year. The fourth-generation monarchs — the ones we are just starting to see now — live very different lives than their parents, grandparents and great-grandparents before them.

These super monarchs live longer, travel farther and reproduce on a different schedule than their relatives. Here's a closer look at the monarch super generation and how they're different from other monarchs.

### Super monarchs live longer than other generations

Most monarch butterflies live for about a month and <u>lay eggs when they are only a few days old</u>. The super monarchs, though, live about eight times as long, typically emerging from their pupae in August or September and traveling to Mexico for the winter before starting the return journey back north beginning in March.

Unlike most other migrating animals, the super monarchs will never complete the return trip. The super monarchs begin the journey north but typically only travel as far as the southern United States before mating and laying the eggs that will become the next generation, the first in the new year's cycle.

### Super monarchs travel thousands of miles

Monarch butterflies spend the winter in the Sierra Madre Mountains in Mexico and the summer in parts of the northern United States and southern Canada. The super monarchs



Monarchs on meadow blazingstar

complete the entire journey from the breeding grounds in the north to Mexico – a distance of up to 3,000 miles, according to the U.S. Fish and Wildlife Service. The super monarchs can travel 50 or even 100 miles per day, but their wings don't do all the work. They often ride on thermal air currents, sometimes as high as 1 mile above the ground.

### Super monarchs congregate en masse

Monarchs only fly during the day, stopping off each night to rest, according to the U.S. Fish and Wildlife Service. They typically choose pine, fir and cedar trees for roosting, with dozens or even hundreds of the butterflies gathering close together for the night. In many cases, the super monarchs choose the same trees year after year, even though they are only distant relatives of the monarchs from the previous migration.

Once the monarchs reach the Sierra Madre Mountains, they roost in oyamel fir trees. Tens of thousands of the butterflies can cluster together (below), which helps them stay warm. The weight of the butterflies clustered together on a tree can sometimes be enough to cause the branches to break.



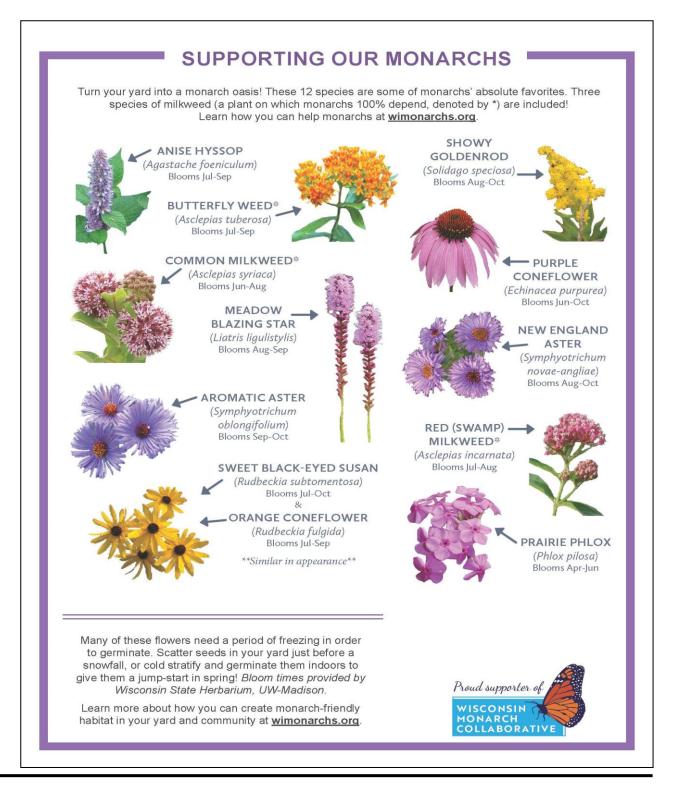
### Super monarchs take their cues from the environment

The super generation of monarchs travels thousands of miles south across North America, but the timing is the same each year. So how do they know when to start their journey? When days get shorter and temperatures begin to cool, it signals the monarchs that it is time to start migrating south. Not coincidentally, this is also when food sources for the monarchs milkweed and other plants with nectar become less abundant. In addition to signaling when the butterflies should begin to migrate, the shorter and cooler days also affect monarchs' reproductive cycle. It keeps them in an immature state, called diapause, which delays mating and egg laying. They remain in diapause until after they begin traveling back north in the spring.

### Super monarchs are still a mystery to researchers

Scientific researchers understand a lot about how the super generation of monarchs is different from other generations, but they are still not fully understood. One of the biggest mysteries is how the super monarchs find their way back to the same oyamel fir forests in the Sierra Madre Mountains of Mexico year after year, even though they have never been there before.

Scientists are continuing to research how monarchs navigate the trip, but they believe both the magnetic force of the Earth and the position of the sun play a role. The combination of the sun's angle and position over the Earth, as well as the Earth's magnetic pull, create an internal compass that is thought to guide the journey.







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# October 2-4



# Activities For Campers

### Saturday, October 3, 2020

12pm - 1pm - Campsite Judging

1pm - 2pm - Pumpkin Carving

Please bring own tools

3pm - 4pm - Trick or Treat

### FAMILY FRIENDLY FUN!







### More Pollinator Invitation Garden ("P.I.G.") pictures – see page 2 for article!

Both of these sites had existing plants, and the native plants were added to the sites.





### Meet the Smooth Green Snake!

By Anne Bartels, Information & Education Specialist, Land Information Department

So I found 5 snake eggs under a planter in my garden this summer, and once they hatched in mid-August, I was pretty sure they were smooth green snakes. I was lucky enough to be home when they started hatching! I spent about a half hour just taking photos and observing them. I watched 2 of 5 eggs hatch one didn't hatch and the other two hatched while I was elsewhere. All I found were the eggshells later.





Smooth green snakes are found in moist, grassy areas, usually in prairies, pastures, meadows, marshes, and lake edges. They can also be found in open forested areas. They are most often found on the ground or climbing in low bushes. They also bask on and hide beneath rocks, logs, and other debris.

They are the only snakes in eastern North America that are entirely bright green - a coloration that camouflages them well. The belly is white to pale yellow. Occasionally smooth green snakes can be brown or tan. Scales are smooth and total body length ranges from 12-20 inches. Newly hatched smooth green snakes measure 3-7 inches in length and tend to be less brightly colored than adults. They are not venomous.



They are active from April through October and mainly solitary. In winter they hibernate with groups of other snakes, including other snake species. They eat mainly insects, grubs and worms. Predators include birds, such as hawks and American crows; other snakes; and mammals like raccoons and foxes. They rely on their bright green color to camouflage them. They are fast and agile and can escape quickly, but will bite and thrash if harassed and can smear attackers with a nasty-smelling fluid. (When I picked up the baby snake, he did exactly that, since he didn't know I wasn't trying to eat him!)

Snake information for this article from https://animaldiversity.org/accounts/Opheodry s vernalis/.

### New Restrictions On PFAS-Containing Firefighting Foams Effective Sept. 1

https://dnr.wi.gov/news/releases/article/?id =5236



MADISON, Wis. - 2019 Wisconsin Act 101, published on Feb. 6, 2020 and codified in Wisconsin Statutes section 299.48, implements measures that mitigate the discharge of PFAS-containing firefighting foam into the environment, and in doing so supports efforts by the Wisconsin Department of Natural Resources and fire departments to protect the health and safety of Wisconsin residents and the firefighting community.

This law goes into effect on Sept. 1, 2020 and stipulates that the use of PFAS-containing firefighting foams is prohibited with two exceptions: Its use in emergency firefighting operations or testing in an appropriately equipped facility.

PFAS, or *per*and *polyfluoroalkyl* substances, are a large group of humanmade chemicals that have been used in industry and consumer products worldwide since the 1950s. PFAS do not occur naturally and are widespread in the environment. These chemicals are found in wildlife and fish all over the world, are known to bioaccumulate and can stay in the human body for many years. The discharge of PFAS-containing firefighting foam during emergency fire events or training exercises has been identified as a significant source of PFAS contamination to the environment.





Below: highest known contamination sites with maximum level of PFAS compound found during testing, measured in parts per trillion (ppt). The state health-based standard is 20 ppt.



Starting Sept. 1, the use of PFAS-containing firefighting foams is strictly prohibited for the purpose of training. Such foams may only be used in an emergency firefighting or fire prevention operation and for testing purposes in a facility that has implemented appropriate containment, treatment and disposal or storage measures which do not lead to discharges into the environment.



If PFAS-containing foam is used in an emergency, the law requires fire departments to notify the DNR as soon as practicable without hindering firefighting or prevention operations. When testing foam effectiveness or equipment, the DNR must be notified immediately if there is any discharge of PFAS-containing foam into the environment.



The DNR continues to move forward in partnership with Wisconsin's fire departments to ensure that there are policies in place to protect public health, while supporting the firefighting community in the service that they provide to Wisconsin residents.

If you would like to learn more about this newly effective law, please visit the DNR's webpage on PFAS-containing firefighting foam:

https://dnr.wisconsin.gov/topic/Contaminants/AFFF.html.

Contact(s): Melanie Johnson, DNR policy director, Office of Emerging Contaminants melaniel.johnson@wisconsin.gov or 608-590-7287.

### Other information about PFAs online at:

- <a href="https://www.wehnonline.org/pfas-websites">https://www.wehnonline.org/pfas-websites</a>
  (WI Environmental Health Network)
- <a href="https://www.cleanwisconsin.org/our-work/water/pfas/">https://www.cleanwisconsin.org/our-work/water/pfas/</a>
- https://www.atsdr.cdc.gov/pfas/index.html (Agency for Toxic Substances & Disease Registry – Centers for Disease Control)

### **Autumn Fire Prevention**

As September ushers in the start of a new school year, Mother Nature begins her process of settling down for the winter. Leaves turn colors and fall from trees; plants and grasses go dormant, leaving only crispy brown remnants of their green summer glory. As the temperature and leaves drop, the risk of wildfires rises.

Wisconsin has a long history of destructive wildfires. Oct. 8 will be the 149<sup>th</sup> anniversary of the Peshtigo Fire, considered to be the nation's deadliest fire. The Peshtigo Fire burned more than a million acres of northeastern Wisconsin and upper Michigan in 1871, destroyed 12 communities, and took an estimated 1,200 to 2,400 lives.

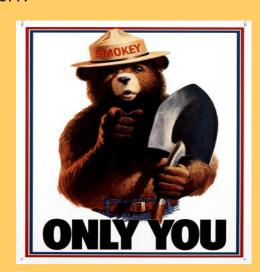
Wildfires occur any time of the year when the ground is not snow covered. The air temperature can be below freezing or well above 80. This wide range of conditions - combined with campfires and the burning of leaves, brush, and even trash - increase the opportunities for fires to spread and burn natural resources and personal property.

In Marinette County, the main causes of wildfires during fall are trees and limbs falling on power lines, campfires, lightning, logging or farm equipment, burn barrels, leaf and brush burning and ash disposal. Taking precautions any time you use fire outdoors is key to preventing wildfires, and avoiding paying a hefty suppression bill should you start one.



If you use a woodstove or fireplace for heating your home, empty ashes into a metal container with a tight-fitting lid or dump ashes onto bare soil then drown the ash with water and stir until you're sure no hot embers remain. The same goes for campfires, burn barrels and burned leaf and brush piles — before you leave the area, drown the ashes, stir, and keep adding water until all smoke is gone.

Keep aware of fire danger year-round by bookmarking the DNR's fire Web page: <a href="https://dnr.wi.gov">https://dnr.wi.gov</a> (keyword 'fire'). For smartphones, the state map of fire danger is now mobile-friendly. For more information about "Fire-wise" methods or resources, contact Jolene Ackerman, Wildland Urban Interface Coordinator, at <a href="mailto:Jolene.ackerman@wi.gov">Jolene.ackerman@wi.gov</a> or call 608-267-7677





### From page 3, 10 Ways to Reuse Coffee Grounds and Tea Bags

with water. So, to nourish houseplants that prefer less acidic soil, simply tear open a tea bag, and add the contents to a watering can before watering your houseplants. If a plant looks especially sickly, make a twice-brewed tea by steeping one or two spent tea bags in boiling water. Allow the water to cool, and use it on your houseplants for a healthy boost.



### 6. Boost your next pedicure

The antibacterial content of tea bags helps to gently clean while wafting away odors and perking up your skin. Steep one or two tea bags in warm water for 10 minutes. Then soak your feet to soothe and soften skin while eliminating any odor.

### 7. Deodorize your fridge

Skip buying baking soda for deodorizing your fridge, and use a small container filled with coffee grounds instead! For best results, allow your grounds to dry overnight on a baking sheet. Then pour into an open cup or food storage container and place it in your fridge.



### 8. Whip up a coffee dye

To whip up a simple, natural and waste-free dye, steep used coffee grounds in hot water for 10 minutes or until the water turns to a mediumbrown color. Then remove the grounds with a mesh strainer, reserving your dye for later use. Use finished dye to add a lovely light brown color to white clothing and linens, or craft it up by coloring paper and even Easter eggs with your DIY dye. A similar concoction can also be used to darken your hair over time for a subtle change that's as easy on your tresses as it is on the environment.

### 9. Treat your skin to something special

Both coffee and tea are loaded with beneficial properties that soothe irritated skin and brighten a dull, tired complexion. For an instant pick-me-up, combine used coffee grounds with honey or mashed avocado, and apply to your face in slow, circular motions like a face scrub. Grounds will act as a gentle exfoliant, buffing off dead skin cells while the caffeine perks up tired skin. And you can't beat the tried-and-true tea treatment for sleepy, puffy eyes. Simply cool two used tea bags in the refrigerator, and place them over your closed eyes while you relax for 10 minutes. Remove the tea bags to reveal brighter, youngerlooking eyes - without chemical-laden beauty products.

### 10. Shine your shoes with zero waste

Clean your dark-colored dress shoes by rubbing a damp tea bag in circular motions across the entire surface. Tea bags are especially beneficial to dark-colored leather, as the tea gently cleans while keeping your shoes moisturized and preventing cracks.

•

### **Meet the Squad of Mosquito-Eating Species**

https://blog.nwf.org/2020/08/meet-the-squad-of-mosquito-eating-species/



Mosquitoes are unwanted visitors to our backyards, but nature can offer solutions that don't involve chemicals or bug sprays. Often overlooked and under-appreciated, the following wildlife species are especially helpful for us all because they are excellent at consuming mosquitoes! Check out this squad of mosquito-eaters and how they get the job done.

#### **Common Nighthawk**



We should all love seeing nighthawks catch and eat flying insects on the wing in summer skies above buildings, treetops, and grasslands. They are a champion among the birds that consume mosquitoes with their wide, bristle-lined mouths adapted to easily scoop prey from the air, and long, pointed wings and tails for precision aerial maneuvering.

Other birds known to dine on mosquitoes include purple martins, Eastern bluebirds, redeyed vireos, yellow warblers, downy woodpeckers, house wrens, Baltimore orioles, and hummingbirds.

### Dragonflies



The claim to fame for dragonflies in the fight against mosquito infestations is preventing mosquitoes from ever launching into the air. Mosquitoes lay eggs in bodies of standing water, and dragonfly larvae happily eat the mosquito larvae before they grow into adults. Dragonflies on the wing also eat adult mosquitoes.

### **Red-Spotted Newt**



The Eastern Red-Spotted Newt is found in forested areas, living near fresh water streams, ponds, marshes, lakes, or beaver ponds. Insects are a mainstay of their diet and these newts help control mosquito populations from Nova Scotia south to Georgia and as far west as western Tennessee by eating mosquito eggs and larvae.

### **Aquatic Turtles**



Studies have shown that juvenile freshwater turtles eat mosquito larvae. In one Louisiana study, researchers placed young red-eared slider turtles in roadside ditches filled with mosquito larvae. At the end of the study, the mosquito larvae population was reduced by 99%. Case closed, thanks to turtles!

#### Bats



Bats' sonar-like means of hunting down their prey makes mosquitoes easy targets for bats to catch—and their appetite for mosquitoes is undeniable. A University of Wisconsin study found evidence of mosquito consumption in over 70 percent of the guano samples from little brown bats, suggesting that bats in their natural habitat eat far more mosquitoes than previously thought.



We're busy all year long protecting habitat, recovering declining populations, and helping to create wildlife friendly gardens so these mosquito-eaters can thrive and you can better enjoy summer evenings outside!

### Northwoods Journal Volume 18, Issue 4

The Northwoods Journal focuses on outdoor recreation opportunities and local environmental topics to inform readers about natural resource use, management, and recreation in Marinette County.

### Published in cooperation by:

- Marinette Co. Land & Water Conservation
- Marinette Co. UW-Extension
- Marinette Co. Parks & Outdoor Recreation

UW-Extension provides equal opportunities in employment and programming, including Title IX and ADA. To ensure equal access, please make requests for reasonable accommodations as soon as possible prior to the scheduled program. If you need this material in another format, please contact the UW-Extension office at 715-732-7510.

Please send comments to:
 Marinette County LWCD
1926 Hall Ave, Marinette, WI 54143
 abartels@marinettecounty.com

### **10 Safety Tips for Fall Yardwork**

https://healthblog.uofmhealth.org/wellnessprevention

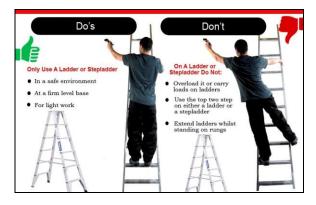
As the weather turns chilly and the leaves begin to change, fall yard chores become a part of life. As you venture into the backyard to tend to the fall chores, here are some guidelines you can use to avoid becoming part of these statistics.



Dress appropriately. Avoid loose clothing or jewelry that can be caught in equipment. Long pants, long sleeves and sturdy footwear with soles that will not slip (bonus points for steeltoe boots) can help to protect skin and guard against falls or dropped objects. Always wear eye protection, heavy gloves and hearing protection, such as earplugs, when doing chores with loud or motor-driven equipment.

Hand tools aren't always safer. Handoperated garden tools accounted for more than 64,000 ER visits last year. Ensure that tools are in good working order, as broken pieces can cut or injure people. Be sure equipment is properly sized for the individual using it to avoid over-reaching, which can cause strains, back pain and other overuse injuries.

Respect heights. More than 256,000 people were injured in 2015 because of falls from ladders and stools (though not all of them were outdoors). Beware working at heights, whether painting, cleaning gutters or windows, or hanging holiday decorations. Read the instructions for the ladder, and ensure proper usage.



Find the owner's manual and read it. Before starting power equipment, check the manual and ensure all recommended maintenance is complete. Be sure all of the safety features are working properly.

Survey your work scene. Check your work area and remove foreign objects that could cause injury or damage equipment, such as rocks, debris or sticks. If you will be digging into the ground with any tools, contact the appropriate entity to ensure the area is free of underground utilities. Don't assume that there are not buried lines beneath your property.



### Northwoods Journal

Watch for children. Children move fast and are often attracted to the riding mowers and powered machinery they see adults using. Be alert when using powered equipment and be sure they are not approaching tractors, mowers or other tools. Teach children to respect and avoid running equipment. Children should never ride or drive a tractor or riding mower. Teens may be able to operate outdoor power equipment if mature and physically capable of handling it safely. Adult supervision should always be the rule, however.

### **Outdoor "Yard" Tools**

- · Read and Heed owners manual
- **Guards** in place
- Turn off to perform maintenance or free jams/debris
- Wear PPE



Beware of stored energy. If chainsaws, mowers or other power equipment jams while running, turn off the tool, and unplug it, if it's electrical. Be aware that stored tension may remain in equipment after a jam that can cause parts to move suddenly when the obstruction is cleared. Keep well clear of moving parts and be wary of this potential injury source.

Store tools out of reach of children. Be sure you properly shut down and store equipment to ensure it cannot be started by young hands, otherwise activated inadvertently if contacted by other objects in a shed or garage. Sharp tools should ideally be covered and kept high and out of reach.



Gasoline and fire do not mix. No matter how tempted you are to speed up the process of burning leaves or yard debris, never add gasoline. The CPSC estimates 13,924 people visited the ER for injuries and burns related to gasoline. Never fill gas tanks while equipment is running if it is still hot. Clean up any spills. Never smoke or use a flame around gasoline or flammable liquids.

Electricity and water also never mix. Never use electric power tools near water or in wet conditions. Use a ground fault circuit interrupter (GFCI) to guard against electrical injury. GFCIs may be installed in newer homes, or can be purchased from hardware and home improvement stores as a plug-in type addition for your extension cord. While you are at it, be sure your extension cords are in good condition, not frayed, and are the appropriate size (gauge) to safely power the equipment you are operating.

With these guidelines, you'll be able to keep yourself, your family and your home safe and healthy this autumn.



# Fall Family Fun Ideas!







